

**Summary Report for Individual Task
805B-79T-3212
Conduct Physical Readiness Training
Status: Approved**

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - The materials contained in this course have been reviewed by the course developers in coordination with the RRS, Fort Jackson foreign disclosure authority. This course is releasable to students from all requesting foreign countries without restrictions.

Condition: During RSP drill you are directed to conduct Physical Readiness Training. The Composite Risk Management (CRM) has been completed. You have access to reference materials, training aids, facilities, and leadership guidance. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standard: Conduct Physical Readiness Training by completing IET Standardized Physical Training, Army Physical Fitness Test / Physical Fitness Assessment, and Body Fat Composition Measurements (if needed).

Special Condition: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER
None

WARNING
None

CAUTION
None

Remarks: None

Notes: None

Performance Steps

1. Conduct Army Physical Readiness Training.

a. Prepare for Physical Readiness Training.

- (1) Identify type of training.
 - (a) Cardiovascular training.
 - (b) Strength training.
- (2) Acquire needed equipment.
- (3) Identify personnel.
 - (a) Officer-in-charge (OIC).
 - (b) Noncommissioned Officer-in-charge (NCOIC).
 - (c) Instructors/graders.
 - (d) Support personnel.
 - (e) Soldiers to be trained.
- (4) Identify and disseminate climate specific uniform.
- (5) Distribute safety equipment.
- (6) Identify and coordinate location.

b. Conduct PRT.

- (1) Assemble formation.
 - (a) Accountability.
 - (b) Conduct necessary safety brief.
 - (c) Brief the specific training events.
 - (d) Identify Soldiers with profiles.
- (2) Conduct preparation drill.
- (3) Prepare and conduct the scheduled cardiovascular training event (one of the following):
 - (a) Hip stability drill.
 - (b) Military movement drill.

- (4) 30:60s.
- (5) 60:120s.
- (6) Ability group run.
- (7) Unit formation run.
- (8) Release run.
 - (a) 300-yard shuttle run.
 - (b) Hill repeats.
- (9) Prepare and conduct the scheduled strength training event.
 - (a) Push-up and sit-up improvement drill.
 - (b) Guerilla drill.
 - (c) Strength circuit training.
 - (d) Climbing drill 1.
- (10) Conduct recovery drill.
 - (a) Reorganize formation.
 - (b) Accountability.
 - (c) Identify Soldiers with injuries.
 - (d) Release the formation.

2. Conduct Army Physical Fitness Test (APFT) and Physical Fitness Assessment (PFA).

a. Prepare for APFT/PFA.

- (1) Identify type of testing.
- (2) Acquire needed equipment.
- (3) Identify personnel.
 - (a) OIC.
 - (b) NCOIC.
 - (c) Instructors/graders.
 - (d) Support personnel.

(e) Soldiers to be tested.

(4) Distribute safety equipment.

(5) Identify and disseminate climate specific uniform.

(6) Identify and coordinate location.

b. Conduct APFT/PFA.

(1) Assemble formation.

(a) Accountability.

(b) Conduct necessary safety brief.

(c) Conduct preparation drill.

(d) Brief the specific testing instructions.

(e) Identify Soldiers with profiles.

(2) Conduct APFT/PFA events.

(a) Push-up.

(b) Sit-up.

(c) Run.

(3) Reorganize formation.

(a) Accountability.

(b) Identify Soldiers with injuries.

(c) Conduct recovery drill.

(d) Release formation.

3. Conduct height/weight and body fat composition testing.

a. Prepare for height/weight.

(1) Obtain required equipment.

(2) Identify support personnel.

(3) Soldiers to be tested.

b. Conduct measurements of height/weight in accordance with AR 600-9 Army Weight Control Program).

(1) Record measurements on proper forms.

(2) Identify personnel requiring body fat composition measurement.

c. Conduct body fat measurements in accordance with AR 600-9.

(1) Record measurements of body circumference on a DA Form 5500/5501.

(2) Calculate body fat composition.

(3) Identify personnel not in compliance with standards.

(4) Counsel individuals not in compliance with standards on a DA Form 4856.

d. Ensure proper disposition of forms and accompanying documents.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score "GO" if Soldier correctly performs all performance measures. Score "NO GO" if Soldier incorrectly performs one or more performance measure. Provide on-the-spot correction should the Soldier experience minor difficulty. Consider directing self-study or on-the-job-training for Soldiers who experience major difficulties in task performance.

Evaluation Preparation: This task may be evaluated by two methods; a. Self Evaluation. Perform the task on the job using the materials listed in the Conditions Statement. Evaluate yourself, using the performance measures, graded IAW the Evaluation Guidance section. b. Supervisor's Evaluation. Ensure that the Soldier(s) have the material shown in the Condition Statement to accomplish the task. When you feel they are able, have them perform the task on the job. Grade them using the Performance Measures, in accordance with the Evaluation Guidance section.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Conducted Physical Readiness Training.			
a. Prepared for Physical Readiness Training.			
(1) Identified type of training.			
(a) Cardiovascular training.			
(b) Strength training.			
(2) Acquired needed equipment.			
(3) Identified personnel.			
(a) Officer-in-charge (OIC).			
(b) Noncommissioned Officer-in-charge (NCOIC).			
(c) Instructor/ graders.			
(d) Support personnel.			
(e) Soldiers to be trained.			
(4) Identified and disseminated climate specific uniform.			
(5) Distributed safety equipment.			
(6) Identified and coordinated location.			
b. Conducted PRT.			
(1) Assembled formation.			
(a) Accountability.			
(b) Conducted necessary safety brief.			
(c) Briefed the specific training events.			
(d) Identified Soldiers with profiles.			
(2) Conducted preparation drill.			
(3) Prepared and conducted the scheduled cardiovascular training event (one of the following):			
(a) Hip Stability drill.			
(b) Military movement drill.			
(4) 30:60s.			
(5) 60:120s.			
(6) Ability run group.			
(7) Unit formation run.			
(8) Release run.			
(a) 300-yard run.			
(b) Hill repeats.			
(9) Prepared and conducted the scheduled strength training event.			
(a) Push-up and sit-up improvement drill.			
(b) Guerilla drill.			
(c) Strength circuit training.			
(d) Climbing drill 1.			
(10) Conducted recovery drill.			
(a) Reorganized formation.			
(b) Accountability.			
(c) Identified Soldiers with injuries.			
(d) Released the formation.			
2. Conducted Army Physical Fitness Test (APFT) and Physical Fitness Assessment (PFA).			
a. Prepared for APFT/PHA.			
(1) Identified type of testing.			
(2) Acquired needed equipment.			
(3) Identified personnel.			
(a) OIC.			
(b) NCOIC.			

(c) Instructors/graders.			
(d) Support personnel.			
(e) Soldiers to be tested.			
(4) Distributed safety equipment.			
(5) Identified an disseminated climate specific uniform.			
(6) Identified and coordinated location.			
b. Conducted APFT/PFA.			
(1) Assembled formation.			
(a) Accountability.			
(b) Conducted necessary safety brief.			
(c) Conducted preparation drill.			
(d) Briefed the specific testing instructions.			
(e) Identified Soldiers with profiles.			
(2) Conducted APFT/PFA events.			
(a) Push-up.			
(b) Sit-up.			
(c) Run.			
(3) Reorganized formation.			
(a) Accountability.			
(b) Identified Soldiers with injuries.			
(c) Conducted recovery drill.			
(d) Released formation.			
3. Conducted height/weight and body fat composition testing.			
a. Prepared for height/weight.			
(1) Obtained required equipment.			
(2) Identified support personnel.			
(3) Soldiers to be tested.			
b. Conducted measurements of height/weight in accordance with AR 600-9 (Army Weight Control Program).			
(1) Recorded measurements on proper forms.			
(2) Identified personnel requiring body fat composition measurement.			
c. Conducted body fat measurements in accordance with AR 600-9.			
(1) Recorded measurements of body circumference on DA Form 5500/5501.			
(2) Calculated body fat composition.			
(3) Identified personnel not in compliance with standards.			
(4) Counseled individuals not in compliance with standards on DA Form 4856.			
d. Ensured proper disposition of forms and accompanying documents.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	AR 600-9	The Army Body Composition Program	Yes	No
	DA FORM 4856	Developmental Counseling Form	Yes	No
	DA FORM 5500	BODY FAT CONTENT WORKSHEET (MALE)	Yes	No
	DA FORM 5501	BODY FAT CONTENT WORKSHEET (FEMALE)	Yes	No
	DA FORM 705	ARMY PHYSICAL FITNESS TEST SCORECARD	Yes	No
	DD FORM 2977	DELIBERATE RISK ASSESSMENT WORKSHEET	Yes	No
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages)	Yes	No
	TC 3-21.5	Drill and Ceremonies	Yes	No

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT.

Safety: In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination.

Prerequisite Individual Tasks : None

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805B-79T-4207	Lead Physical Readiness Training	805B - Recruiting and Retention, Ft. Jackson (Individual)	Approved

Supported Individual Tasks : None

Supported Collective Tasks : None

ICTL Data :

ICTL Title	Personnel Type	MOS Data
STRUCTURED SELF DEVELOPMENT COURSE (SSD I) ICTL	Enlisted	MOS: 000, Skill Level: SL1
79T-ARNG Recruiting and Retention-SL3	Enlisted	MOS: 79T, Skill Level: SL3, ASI: V7, Duty Pos: REA, SQI: 4